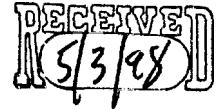


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April 23, 1998



Office of Special Nutritional (HFS-450)  
Center for Food Safety & Applied Nutrition  
Food and Drug Administration  
200 C Street SW  
Washington, D.C. 20204

Dear Sir or Madam

This letter will serve as a 30-day notification, pursuant to 403(r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product manufacturer Nature's Herbs, 600 East Quality Drive, American Fork, UT 84003

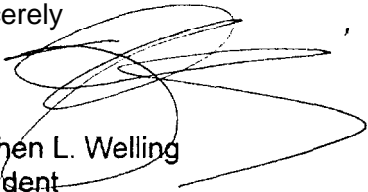
Nutritional support claim being made: Nutritionally supports feelings of well-being.

Dietary supplement ingredient: St. John's Wort (*Hypericum perforatum*) Extract

Product brand and name: Spring Valley St. John's Wort Complex

As required, enclosed are two photocopies of this notification.

Sincerely

  
Stephen L. Welling  
President

Enclosures